IN THE CLAIMS:

Please amend claim 25 without prejudice to resubmission to read as follows:

25. (Amended) A removable midsole section sized to fit inside a shoe and form part of the shoe designed to received and retain said removable midsole section, which comprises:

an inner surface and an outer surface which together define the removable midsole section having a lateral side, a medial side and a middle portion located between the lateral and medial sides;

a plurality of protrusions on at least one side of said removable midsole section, each of said protrusions having an outer surface formed by midsole, and wherein said protrusions are of sufficient size to interact with the shoe to retain said removable midsole section in said shoe;

at least one portion of the outer surface of each said protrusion is concavely rounded relative to an inner section of the removable midsole section adjacent to the concavely rounded outer surface portion, as viewed in a frontal plane cross-section when the removable midsole section is upright and in an unloaded condition;

at least one portion of an inner surface of a side of the removable midsole section is convexly rounded relative to a section of the removable midsole section directly adjacent to the convexly rounded inner surface portion, as viewed in a frontal plane cross-section when the removable midsole section is upright and in an unloaded condition; and